NAME: Mikayla Bennett GRADE: 56A

**FITNESS**

### Term One Date: ­­­­­­­­22.2.2010

Term Four Date: 8.11.2010

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| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | 126cms | 146cms | 150cms | 148cms |
| **Weight (optional)** | 30kgs | kgs | 30kgs | kgs |
| **Vertical**  **Jump** | 20cms | 23cms | 25cms | 27cms |
| **Standing Long Jump** | 55cms | 130cms | 132cms | 140cms |
| **Sit Reach test (flexibility)** | 5+cms | +4cms | 5+cms | 1+cms |
| **Beep Test** | 6(Level) | 5.5(Level) | 6(Level) | 4.2(Level) |
| **50m Sprint** | 13secs… | 10.12secs… | 11secs… | 10.1secs… |
| **Laps of the gym – 80m (4mins)** | 6 | 8 | 7 | 8 |
| In one minute I can do… | | | | |
| **Star**  **Jumps** | 18 | 71 | 40 | 73 |
| **Burpies** | 17 | 21 | 19 | 18 |
| **Lunges** | 22 | 35 | 30 | 28 |
| **Skips of**  **the rope** | 12 | 48 | 45 | 40 |
| **Push-ups**  **(on knees or full)** | 11 | 40 | 35 | 28 |

#### Term 2: I think I can improve upon my Vertical Jump

I will do this by Taking big steps and try to grow my legs so I can jump higher!

Term : Did I improve upon my selected goals? Why/Why not?